

Huevos Rancheros with Fresh Salsa

Cook time: 30 minutes

Makes: 4 servings

Ingredients

4 corn tortillas (6 inch)
1/2 tablespoon vegetable oil
non-stick cooking spray
4 egg whites (medium)
4 egg (medium)
1/8 teaspoon black pepper (ground)
4 tablespoons cheese, shredded cheddar or monterey jack
2 cups fresh salsa

Directions

1. Preheat oven to 450 degrees.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet.
3. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with non-stick cooking spray over medium heat.
6. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings.
7. Cook for 2-3 minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	10 g	15%
Protein	14 g	
Carbohydrates	21 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	3.5 g	18%
Sodium	360 mg	15%

Tablespoon cheese.

9. Place under the broiler for about 2 minutes until cheese is melted.

10. Spoon 1/2 cup fresh salsa around the edge of each shell.

Notes

Recipe for [fresh salsa](#) is included in this database

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign